

Produced by
OASIS
Older Alabamians System
of Information and Services
236 Goodwin Crest Drive
Homewood, AL 35219-0888
205-290-4451
1-800-671-6837

Disclaimer

In the provision of services and in employment practices, the Alabama Department of Rehabilitation Services does not discriminate on the basis of race, sex, creed, national origin, religion, age or disability.

This material is available in alternate format upon request.

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Please direct comments to the OASIS Program
at 1-800-671-6837.

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Alabama Department of Rehabilitation Services OASIS Program

The Alabama Department of Rehabilitation Services' Older Alabamians System of Information and Services(OASIS) Program provides independent living services to persons who are age 55 and older who are blind or visually impaired. Services are provided statewide and include rehabilitation teaching, orientation and mobility, adaptive aids, low vision exams and devices, support groups, and peer counseling. To be eligible for services a person must be a resident of Alabama, age 55 or older, and blind or functionally visually impaired.

Alabama OASIS Service Sites

Anniston

1105 Woodstock Avenue

36207

Tel. 256-238-9300

1-800-671-6834

Birmingham

P.O. Box 19888
236 Goodwin Crest Drive
35209
Tel. 205-290-4400
1-800-671-6837

Decatur

621 Cherry Street, NE
35601
Tel. 256-353-2754
1-800-671-6838

Dothan

795 Ross Clark Circle, NE
36303
Tel. 334-792-0022
1-800-275-0132

Gadsden

1100 George Wallace Drive
35903
Tel. 256-547-6974
1-800-671-6839

Huntsville

3000 Johnson Road, SW
35805
Tel. 256-650-1700
1-800-671-6840

Mobile

2419 Gordon Smith Drive
36617
Tel. 251-479-8611
1-800-671-6842

Montgomery

2127 East South Boulevard
36116
Tel. 334-288-0220
1-800-441-7578

Muscle Shoals

1450 East Avalon Avenue
35661
Tel. 256-381-1110
1-800-275-0166

Opelika

520 West Thomason Circle
36801
Tel. 334-749-1259
1-800-671-6835

Talladega

#4 Medical Office Park
35160
Tel. 256-362-1300
1-800-441-7592

Tuscaloosa

P.O. Drawer 1610
1305 37th Street, East
35405
Tel. 205-554-1300
1-800-331-5562

State Office

602 South Lawrence Street
Montgomery, AL 36104
Tel. 334-293-7500
1-800-441-7578

Blind Services

Alabama Department of Rehabilitation Services

The Alabama Department of Rehabilitation Services assists eligible Alabamians who are blind or visually impaired in making informed choices to achieve full inclusion in society through employment, independent living, and social self-sufficiency. We do this by providing:

- a continuum of services from youth transition to older blind services, including skills training that enables people to remain independent in their home communities
- individual and group counseling addressing adjustment to blindness
- employment counseling, training, and job placement
- resources for employers interested in hiring or retaining visually impaired employees
- training in adaptive skills for reading, computer use, traveling, job seeking, and other skills which increase independence and work readiness

- public education regarding the abilities of people who are blind or visually impaired
- supported employment programs for people who have multiple disabilities and who are blind
- a clearinghouse for Alabamians seeking information and referral regarding blindness and visual impairment

The customers of Blind Services, Alabama Department of Rehabilitation Services, are:

- blind or visually impaired Alabamians who require rehabilitation services to become employed or to live independently in their communities
- businesses in Alabama which have hired or are considering hiring employees who are blind or visually impaired
- the taxpayers of Alabama who benefit from people who are blind or visually impaired being fully integrated into their communities
(Taxpayers also benefit from blind individuals entering employment and paying taxes while decreasing their dependence on public assistance)

Alabama Board of Rehabilitation Services

Alabama Department of Rehabilitation Services

The Alabama Board of Rehabilitation Services consists of seven members, one from each United States Congressional District appointed by the Governor and confirmed by the Alabama Senate. Three members must be individuals with disabilities selected from consumer disability organizations. One member must be a parent of a child with a disability. Three members must be selected from business and industry within the state. The terms of office are seven years. No member shall serve more than two full seven-year terms of office. If you would like to know the current members of the Alabama Board of Rehabilitation Services, please contact the State Office of the Alabama Department of Rehabilitation Services at 334-281-8780 or toll-free at 1-800-441-7607.

Alabama Laws and Statutes
Department of Rehabilitation Services
Code of Alabama, 1975
§§ 21-9-1 through 21-9-14

These statutes created the Alabama Department of Rehabilitation Services (ADRS) which is designed to provide rehabilitation services to eligible children and adults with disabilities throughout the state. ADRS is responsible for administering component programs and working with other agencies of the state to enable Alabama's children and adults with disabilities to achieve their maximum potential.

Rights of blind and otherwise physically disabled persons

Code of Alabama, 1975, §§ 21-7-1 through 21-7-10

These statutes are designed to encourage and enable the blind, the visually impaired, and the otherwise physically disabled to participate fully in the social and economic life of the state. The statutes include laws that guarantee the rights of the blind to full and free use of the streets, highways, sidewalks, walkways, public buildings, public facilities, and other public places.

Operation of vending stands by blind persons

Code of Alabama, 1975, §§ 21-1-40 through 21-1-41

These statutes create the Business Enterprise Program for the Blind of the Alabama Department of Rehabilitation Services and designate the department as the State Licensing Agency pursuant to the federal Randolph-Sheppard Act. The laws provide for the establishment of vending facilities for operation by blind persons on real property owned, leased, or occupied by the State of Alabama.

Federal Program

Older Alabamians System of Information and Services

29 U.S.C. §§ 796j through 796l

This federal program is authorized by the federal Rehabilitation Act and is dedicated to renewing independent and rewarding lifestyles for Alabama's older adults who have vision problems. OASIS provides evaluation and referrals, instruction in independent living skills, adaptive equipment, low vision exams and aids, and mobility instruction. Qualified rehabilitation teachers, mobility specialists, and peer supporters work with individuals to teach

new or adaptive methods of performing day-to-day activities. OASIS services are free and available regardless of financial need. Individuals 55 years of age or older who are experiencing visual problems may receive services. OASIS provides comprehensive and personalized independent living training. An advisory council composed of consumers and representatives from many groups that work with citizens with disabilities gives guidance to the OASIS staff to ensure quality services.

Rights and Privileges of the Blind in Alabama

To obtain a copy of “Rights and Privileges of the Blind in Alabama” contact:

Library and Resource Center for the Blind and
Visually Handicapped
Alabama Institute for the Deaf and Blind
705 South Street
P.O. Box 698
Talladega, AL 35161
205-761-3287
800-848-4722

RESOURCE GUIDE

Aids and Appliances

The following companies offer products such as watches, canes and writing guides for people who are blind and visually impaired. They also offer aids for household, personal, and recreational use.

Adaptive Solutions

1301 Azalea Road, Suite 101
Mobile, AL 36693
251-666-3045
1-800-299-3045

Ambutech (mobility equipment)

34 DeBaets Street
Winnipeg, Manitoba, Canada R2J3S9
1-800-561-3340

APH

1839 Frankfort Avenue
P.O. Box 6085
Louisville, KY 40206-0085
1-800-223-1839
www.aph.org

Cleveland Sight Center
1909 East 101st Street
Cleveland, OH 44106
216-791-8118
www.clevelandsightcenter.org

Eschenbach Direct (low vision magnification)
904 Ethan Allen Highway
Ridgefield, CT 06877
1-800-487-5389

Freedom Scientific
11800 31st Court N.
St. Petersburg, FL 33716-1805
1-877-775-9474

Independent Living Aids
200 Robbins Lane Jericho, NY 11753
1-800-537-2118
www.independentliving.com
or P.O. Box 9022
Hicksville, NY 11802

Lighthouse Consumer Products
111 E. 59th Street
New York City, NY 10022
1-800-829-0500
www.lighthouse.org

Gladys E. Loeb Foundation
2002 Forest Hill Drive
Silver Spring, MD 20903-1532
1-301-434-7748

G. W. Micro
725 Airport North Office Park
Fort Wayne, IN 46825
260-489-3671

LS&S Group
P.O. Box 673
Northbrook, IL 60065
1-800-468-4789
www.LS&Sgroup.com

Magnilog Catalog
Science Products
P.O. Box 888
Southeastern, PA 19399
1-800-888-7400

Maxi Aids, Inc.
P.O. Box 3209
Farmingdale, NY 11753
1-800-522-6294
www.maxiaids.com

Mill & Textile
903 13th Street North
P.O. Box 2167
Birmingham, AL 35201
205-328-3440

NOIR Medical Technologies
P.O. Box 159
South Lyon, MI 48178
1-800-521-9746

Optelec US Corp. (low vision
devices/equipment)
321 Billerica Road
Chelmsford, MA 01824
1-800-828-1056

Optical South
951 Snider Road
Brewton, AL 36426
251-236-0111

Radio Shack
(Check local phone book.) They may carry
talking watches, talking clocks, mini-cassette
players, etc.

UAB Center for Low Vision Rehabilitation
700 18th Street South, Suite 380
Birmingham, AL 35294
205-488-0736

UAB School of Optometry/UAB Eye Care
HPB
1716 University Boulevard
Birmingham, AL 35294-0010
205-975-2020

Vision Technology, Inc.
8501 Delport Drive
St. Louis, MO 63114
800-560-7226
251-867-7418
www.visiontechnology.com

Independent Living Tips on Cassette Tape

Sound Solution Series

Braille Institute

741 North Vermont Avenue

Los Angeles, CA 90029

1-800-272-4553

Sound Solution series is a set of audio cassette tapes available free of charge to persons who are visually impaired.

Sharing Solutions

New York Lighthouse for the Blind

111 E. 59th Street

New York, NY 10022

212-821-9200

1-800-829-0500

Sharing Solutions is a newsletter which includes tips for independent living.

Hadley School for the Blind

700 Elm Street

Winnetka, IL 60093

1-800-323-4238

This school offers self-study courses in independent living.

Banking Services

Extra large checks with boldface print and raised lines are available through most banks at varying costs. Other services such as twenty-four hour telephone banking and telephone bill payment, online banking, Braille bank statements and raised line checks may also be available. Inquire at your local bank for these services.

Books and Reading

Braille Books

Independent Living Resources: ILR will, for a nominal fee, transcribe materials into large print, braille or tape.

Independent Living Resources
2410 SE 11th Avenue
Portland, OR 97214
503-232-7411

Talking Books and Braille: Alabama Regional Library for the Blind and Physically Handicapped, a division of the Alabama Public Library Service, provides books, magazines, playback equipment, accessories, information services, and technology to enable eligible

Alabamians to access published materials. Materials are sent by mail and no postage is required to send or return the items. You can obtain further information and an application by contacting the library.

Alabama Regional Library for the Blind
and Physically Handicapped Alabama Public
Library Service

6030 Monticello Drive
Montgomery, AL 36130-000
334-213-3906
1-800-392-5671
TDD 334-213-3900
www.apls.state.al.us

Books Aloud: This is a “Reading By Listening” program that provides a wide variety of recorded reading material to individuals who are blind, visually impaired or physically disabled and are unable to read conventional print. Cassettes are available on loan at no charge. Cassettes play on standard cassette players. Contact Books Aloud for an application and Certificate of Disability.

Books Aloud
MLK, Jr. Library

150 East San Francisco Street
San Jose, CA 95112
408-808-2613

Recordings for the Blind and Dyslexic, Inc.: This is a national nonprofit service organization using 4,800 volunteers at 31 sites around the nation to provide textbooks on tapes and computer diskettes to individuals who cannot read standard printed material because of visual, physical, or perceptual disabilities.

Borrowers register with RFB by completing an application form, which may be obtained from RFB. There is a one-time registration fee of \$65.00 and a \$35.00 annual membership fee, with additional charges for on-loan recorded books.

Recordings for the Blind and Dyslexic, Inc.
20 Roszel Road
Princeton, New Jersey 08540
1-866-732-3585
1-800-221-4792
www.rfbd.org

Large Print Materials

American Printing House for the Blind: APH sells Braille and large print books, writing aids, tape recorders, etc.

American Printing House for the Blind
P.O. Box 6085
1839 Frankfort Avenue
Louisville, KY 40206
502-895-2405
1-800-223-1839
www.aph.org

Betty Crocker: This company offers popular recipes using Betty Crocker products. The Betty Crocker Cookbook is available in large print. Recipes in large print on 9 x 12 inch cards are free. A catalog is available free of charge.

Betty Crocker
Home Service Department
General Mills Consumer Services
1 General Mills Boulevard
Golden Valley, MN 55440
1-800-328-6787
www.bettycrocker.com
For additional cookbook titles and resources,
call the Alabama Regional Library for the Blind

and Physically Handicapped or your local office of ADRS OASIS.

The Doubleday Large Print Home Library: The book club sells large print copies of latest bestsellers. First two books are \$2.00 plus shipping and handling. You must buy four other books in 12 months at book club prices. A free catalog is available on request.

The Doubleday Large Print Book Club
1225 South Market Street
Mechanicsburg, PA 17055
516-490-4561

Hansen House Publishing: Hansen House sells a wide selection of music books (more than 50 books in the series). Music notes are 1/2 inch across with the name of the note written inside the note. A free catalog is available on request.

Hansen House Publishing
Golden Music Big Note Songs
1820 W Ave.
Miami Beach, FL 33139
305-532-5461

National Association for Visually Handicapped:

This organization provides information on large print books, textbooks, and educational tools. They maintain a free by-mail library of large print titles. All library materials are printed in 18 point type. Request a large print Loan Library List to obtain this free service by mail. They publish some excellent booklets related to coping with low-vision problems. Annual membership fee is \$50.

National Association for Visually Handicapped
22 West 21st St., 6th Floor
New York, NY 10010
212-889-3141
www.navh.org

Readers Digest Large Print Books: Publishes two large print stories in a one-volume book six times a year.
Cost is \$14.95.

Readers Digest
Box 262
Mount Morris, IL 61054
1-800-334-9599
1-800-877-5293
www.readersdigest.com

Technology Assistance

Statewide Technology Access and Response (STAR): STAR offers training and funding information for assistive technology and holds presentations and workshops about assistive technology throughout Alabama. It is centrally located in Montgomery with regional offices in Huntsville, Birmingham, Montgomery and Mobile. Services include training and workshops, technology demonstration, equipment loans, financial loan program, equipment recycling and information referral. These services are free and available to consumers as well as professionals regardless of disability or age.

Statewide Technology Access and Response
602 South Lawrence Street
Montgomery, AL 36104
334-293-7500 • TDD (334) 293-7500
1-800-441-7607

Consumer Groups

American Foundation for the Blind: AFB is a national information clearinghouse on blindness. It publishes the "Directory of Agencies Serving the Visually Handicapped in the US." AFB also provides resources and information via the internet at AFB.org. The website is an excellent source to help facilitate and improve daily living for people who are blind or partially sighted. sighted.

American Foundation for the Blind
11 Penn Plaza, Suite 300
New York, NY 10001
212-502-7600

National Federation of the Blind: NFB is a national nonprofit organization of blind persons and concerned sighted friends. The Alabama Chapter has local chapters throughout the state. The NFB provides help with Social Security claims; legal assistance for problems relating to blindness; employment assistance; skills training; information and referral services; public education; interest groups for students, parents of blind children, diabetics, and professionals; and other services.

National Federation of the Blind of Alabama
1800 Johnson Street
Baltimore, MD 21230
410-659-9314
Nfb.org

Minnie Walker, President
Alabama Chapter
4905 Brooke Court
Mobile, AL 36618
251-344-7960
www.nfbofalabama.org

American Council of the Blind: ACB seeks the advancement of the social and economic interests of the blind and has local chapters throughout Alabama with more than 300 members. The Council publishes newsletters in braille, large print, and on cassette; offers scholarships to qualified applicants; and monitors and lobbies national, state and local government. The Alabama chapter is affiliated with the American Council of the Blind, a national nonprofit consumer interest organization.

American Council of the Blind
2200 Wilson Boulevard
Suite 650
Arlington, VA 22201
202-467-5081
800-424-8666

Alabama Council of the Blind
David Trott
1018 East Street South
Talladega, AL 35160
256-362-5649
dart1018@charter.net

Correspondence Education

The Hadley School: Hadley offers correspondence classes on a wide range of subjects for home study for people who are blind. The school also has a program for parents of blind children. All courses are free to all individuals who are legally blind. A selection of courses for vision professionals is also available.

Hadley School for the Blind

P.O. Box 0299

Winnetka, IL 60093-9986

1-800-323-4238

(Monday-Friday 8:00 a.m.-4:00 p.m. CST)

www.hadley-school.org

Dog Guide Schools

There are quite a few dog guide schools in the United States. Most schools require students to attend an on-site training period that lasts about four weeks followed by training in the student's home community when necessary. Most schools provide the training, room, board, and dog at no cost to the student. Many also provide financial assistance for the dog's feeding and care. Some schools will provide dogs to students who have additional disabling conditions. For more information about dog guides, speak to an Orientation and Mobility Specialist with the Alabama Department of Rehabilitation Services.

Employment Assistance

Job Hotline Numbers: A variety of Job Hotline phone numbers are available with businesses and agencies around the state of Alabama. Contact your local ADRS employer development coordinator for a list.

Alabama Department of Rehabilitation Services:

This agency provides free vocational rehabilitation services to eligible Alabamians. The consumer develops an individualized plan

for employment. Services may include vocational counseling, training, placement, and technology.

Alabama Department of Rehabilitation Services

Andalusia

1082 Village Square Drive, Suite 1
36420
Tel. 334-222-4114
1-800-671-6833

Anniston

1105 Woodstock Avenue
36207
Tel. 256-238-9300
1-800-671-6834

Birmingham (Homewood)

P.O. Box 19888
236 Goodwin Crest Drive
35209
Tel. 205-290-4400
1-800-671-6837

Birmingham

Lakeshore Rehabilitation Facility
P.O. Box 59127

3830 Ridgeway Drive
35209
1-800-441-7609

Columbiana
Community Services Building
P.O. Box 856
108 West College Street
35051-0856
Tel. 205-669-3829

Decatur
621 Cherry Street, NE
35602
Tel. 256-353-2754
1-800-671-6838

Dothan
795 Ross Clark Circle, NE
36303
Tel. 334-699-8600
1-800-275-0132

Gadsden
1100 George Wallace Drive
35903-6501
Tel. 256-547-6974
1-800-671-6839

Huntsville

3000 Johnson Rd., SW
35805-5847
Tel. 256-650-1700
1-800-671-6840

Jackson

1401 Forest Avenue
P.O. Box 1005
36545
Tel. 251-246-5708
1-800-671-6836

Jasper

301 N. Walston Bridge Road
Suite 116
35504
Tel. 205-221-7840
1-800-671-6841

Mobile

2419 Gordon Smith Drive
36617
Tel. 251-479-8611
1-800-671-6842

Montgomery

602 South Lawrence Street

36104
Tel. 334-293-7500
1-800-441-7578

Muscle Shoals
1450 East Avalon Avenue
35661
Tel. 256-381-1110
1-800-275-0166

Opelika
520 West Thomason Circle
36801
Tel. 334-749-1259
1-800-671-6835

Scottsboro
203 South Market Street
P.O. Box 296
35768-0296
Tel. 256-574-5813
1-800-418-8823

Selma
2906 Citizens Parkway
36701
Tel. 334-872-8422
1-888-761-5995

Talladega

#4 Medical Office Park

35160

Tel. 256-362-1300

1-800-441-7592

Thomasville

P.O. Box 1006

Adams Building, Bashi Road

36784-1006

334-636-5421

1-800-335-3237

Troy

1109 Troy Plaza Street

36081

Tel. 334-566-2491

1-800-441-7608

Tuscaloosa

1305 37th Street, East

P.O. Drawer 1610

35403-1610

Tel. 205-554-1300

1-800-331-5562

Eye Care

Alabama Academy of Ophthalmology
Mike Merrill, Esq., Executive Director
2012 Seaton Plark Sturbridge commons
Montgomery, AL 36116
334-279-9755

Alabama Optometric Association
1043 Ambassador Court
Montgomery, AL 36117
1-334-273-7895
1-800-933-9602

Seniors Eye Care Project: This is a public service program sponsored by the Foundation of the American Academy of Ophthalmology and state ophthalmological societies. It provides medical and surgical eye care to U.S. citizens or legal residents who are 65 or older who do not have veterans vision care or an HMO and who have not had an eye exam in the last three years. Medicare and other insurance is accepted as full payment for services. Eye care is free to those without insurance.

National Eye Care Project
1-800-222-3937
www.eyenet.org

Directory Assistance—Financial Exemption

Directory Assistance Exemption: You may qualify for exemption from charges for directory assistance calls in your area code or calls with operator assisted dialing. To qualify for this exemption, you must sign a form certifying that you are unable to use a telephone directory. You can obtain an application for this service from the carrier of your choice.

Financial Resources

Free Mail for the Blind: Materials in braille or large print as well as audio cassettes may be mailed free to persons with visual impairments within specific guidelines. For more information, contact your local Post Office.

Income Tax Exemption: A taxpayer who is legally blind may be entitled to a tax exemption on his/her federal tax return. If you have any questions regarding this exemption, call the IRS or a tax specialist.

United States Internal Revenue Service
Need a Tax Form
1-800-829-3676
www.irs.gov

Social Security: Social Security directs two disability programs—SSI and SSDI—which pay monthly benefits to eligible people. They are stepping stones to improving a person’s economic condition. Work incentives are available to support people to self-sufficiency. For more information, contact Social Security for the publication “If You Are Blind: How Social Security and SSI Can Help” (publication # 05-10052). For more information and for an office in your area, call 1-800-772-1213.

www.ssa.gov

SSI - Supplemental Security Income: To be eligible for SSI based on a medical condition a person must:

- have little or no income, assets or resources
- be considered medically disabled.
- not be working or working but earning less than an amount called the “substantial gainful activity” level.

SSDI - Social Security Disability Insurance: To be eligible for SSDI a person must:

- have worked and paid Social Security taxes for enough quarters to be covered under Social Security

- be considered medically disabled
- not be working or working but earning less than an amount called the “substantial gainful activity” level

You must apply for SSI and SSDI at your local Social Security office or by phone.

Veterans Administration: Veterans of the armed forces or military who are visually impaired, whether or not service connected, may qualify for benefits ranging from low vision evaluations and counseling on useful devices to extensive rehabilitative services at regional centers. The Visually Impairment Services Team can also refer veterans for other available services. In Alabama contact:

Visually Impaired Services Team Coordinator
U.S. Department of Veterans Affairs
Southeastern Blind Rehabilitation Center
700 South 19th Street
Birmingham, AL 35233
1-205-933-4389
www.va.gov/health/elig

Alabama Blinded Veterans Association (ABVA):
The ABVA is an organization of blinded veterans that will provide assistance to other blinded veterans throughout the state. Over the years BVA has attempted to provide assistance to blinded veterans in a variety of ways and with a variety of programs. For years BVA has conducted the National Field Service Program assisting veterans in adjusting to blindness; obtaining federal, state, and local benefits to which they are entitled; receiving blind rehabilitation; and overcoming any obstacles they may encounter. For more information, contact:

VIST Coordinator
VA Blind Center
700 19th Street, South
Birmingham, AL 35233
205-933-8101, ext. 6987

Health Care

Medicare: Medicare is a federal health insurance program for people age 65 or older, some people younger than 65 with disabilities, and people with end stage renal disease (permanent kidney failure requiring dialysis or a transplant). Medicare has three parts. Part A is for hospital insurance. Most people do not have to pay for Part A. Part B is a medical insurance. Most people pay a monthly premium for Part B. Part D is for prescription drug cost assistance. Cahaba Government Benefit Administrators is a division of Blue Cross and Blue Shield of Alabama and administers Medicare in Alabama.

Medicare

P.O. Box 830139

Birmingham, AL 35283-0139

1-866-539-5598

Medicaid: Medicaid is a state administered health care assistance program. It is jointly financed by state and federal governments and is designed to provide health care to low income individuals. Persons must fit into one of several categories and must meet necessary criteria

before eligibility can be established. There are three agencies in Alabama that either directly or indirectly determine eligibility for Medicaid. Persons who receive Supplemental Security Income (SSI) from the Social Security Administration are automatically eligible for Medicaid in Alabama. Persons who receive Temporary Assistance to Needy Families from the Department of Human Resources may also be eligible for Medicaid. The Alabama Medicaid Agency determines eligibility for persons who meet certain eligibility requirements. There are several different Medicaid programs, including SOBRA for pregnant women and for children, Medicare related programs, and programs for persons who are residents of a medical institution.

For more information or the address of the District Office in your area, call 1-800-362-1504.

Housing—Low Cost

The Housing Authority: The Housing Authority administers the Section 8 Existing Housing Program to provide housing assistance to eligible families. Contact your local county Housing Authority.

Identification Card

DMV Identification Card: The Department of Motor Vehicles will issue a picture identification card to any Alabama resident. The card can be used for identification, check cashing, age verification, etc. It is available through your local office of the Department of Motor Vehicles.

Independent Living Services

Independent Living Resources of Greater Birmingham (BILRC): This is a nonprofit consumer controlled resource center providing services designed to enhance the ability of people with disabilities to live more independently. Services include independent living skills training, housing modifications, advocacy, producing braille, peer counseling, computer training, information and referral.

Birmingham Office

206 13th Street South

Birmingham, AL 35233 • 205-251-2223

www.ilrgb.org

bilc@bellsouth.net

Jasper Office

300 Birmingham Avenue

Jasper, AL 35502

205-387-0159

Alabaster Office
120 Plaza Circle suite C
Alabaster, AL 35027
205-685-0570
alabasterilc@bellsouth.net

Montgomery ILC
600 South Court Street
Suite 320
Montgomery, AL 36104
334-240-2520
mcil@bellsouth.net

Mobile ILC
5304B Overlook Road
Mobile, AL 36619
251-460-0301
www.ilcmobile.org

E.H. Gentry Technical Facility

Alabama Institute for Deaf and Blind:

The primary purpose of the E. H. Gentry Technical Facility is to provide quality services to individuals who are deaf, blind, and deaf-blind which will lead to maximum independence and employment. E.H. Gentry's main campus, along with nine Regional Centers located throughout Alabama; provide a statewide service delivery system for persons who are deaf or hard of hearing, blind or visually impaired. E.H. Gentry serves adults, 18 years old through senior years, providing individualized services including:

- Vocational evaluations and assessments
- Adjustment services-teaching practical skills in Home and personal management including home care, cooking, Braille, and personal budgeting.
- Orientation and Mobility
- Job skills training
- Upgrading literacy skills
- Assistive Technology- Specialized equipment and training to minimize barriers due to blindness and/or deafness.
- Employment Services
- Counseling and Referral services
- Business Enterprise Program
- Residential Services

For more information contact:
E.H. Gentry Technical Facility
PO Box 698
Talladega, Alabama 35161
Toll Free 1-888-774-2335
or email
Mascia.John@aidb.state.al.us

Alabama Institute for Deaf and Blind Regional
Centers:

Each AIDB regional center offers a unique mixture of services developed according to the needs of the community it serves. Services may include programs for older citizens, orientation and mobility training, reading services, braille services, and information and referral.

AIDB Regional Center Locations

Auburn

660A North College Street
36830
334-887-3880 Voice/TDD
Fax: 334-821-4022

Birmingham

220 34th Street South
35222

205-328-3989 Voice/TDD
Fax: 205-323-3691

Dothan

111 Medical Drive
36303
334-677-6270 Voice/TDD
Fax: 334-793-7044

Huntsville

600 St. Clair Avenue, Bldg.2
35801
256-539-7881 Voice/TDD

Mobile

1050 Government Street
36604
251-432-7777 Voice/TDD
Fax: 251-432-3199

Muscle Shoals

512 North Main Street
Tuscumbia 35674
256-383-3503 Voice/TDD
Fax: 256-383-3562

Talladega
Box 698
412 Cherry Street
35161
256-761-3370 Voice/TDD
Fax: 256-761-3693

Tuscaloosa
2412 Skyland Boulevard East
35405
205-345-2883 Voice/TDD
Fax: 205-345-4883

Alabama Department of Rehabilitation

Services – OASIS Program: OASIS provides free independent living services to Alabamians who are age 55 and older and visually impaired to assist them in setting and achieving goals to remain independent in their homes and communities. Services provided include rehabilitation teaching, orientation and mobility, adaptive aids, low vision exams, low vision devices, support groups, and peer counseling.

OASIS Program
1-800-671-6837
www.rehab.state.al.us

Consumer Assistance

State of Alabama Client Assistance Program

(SACAP):

SACAP is funded by the federal government to assist people in understanding their rights and responsibilities in obtaining vocational rehabilitation services through agencies such as the Alabama Department of Rehabilitation Services.

SACAP

400 South Union Street, Suite 465

Montgomery, AL 36104

1-800-228-3231 (in Alabama)

Alabama Disabilities Advocacy Program

(ADAP): ADAP provides quality, legally based advocacy services to persons with disabilities through protecting, promoting, and expanding their rights.

Alabama Disabilities Advocacy Program

University of Alabama

Box 870395

Tuscaloosa, AL 35487-0395

205-3484928 • 1-800-826-1675

adap@adap.ua.edu

www.adap.net

Alabama's Toll Free Number for Information on the ADA: This is a free information service within the Alabama Department of Rehabilitation Services and is operated by an assistant attorney general. Anyone can call the number to obtain information on rights and responsibilities under the Americans With Disabilities Act (ADA) and related laws and regulations. The ADA is a civil rights law for people with disabilities which includes anyone with a physical or mental impairment which substantially limits him or her in a major life activity. The ADA protects against discrimination in employment, public services, and with respect to goods and services offered by private businesses.

1-800-205-9986

1-888-574-2257 (TTY)

Low Vision Services

University of Alabama at Birmingham Eye Care:

UAB Eye Care, the clinical operation for the UAB School of Optometry, provides comprehensive eye exams for low vision patients in the Ocular Disease and Low vision Service. Our nationally recognized faculty have extensive experience with low vision patients, and can help patients make informed decisions regarding low vision aids and other services. We are providers for Medicare, BCBS of Alabama, VIVA, Medicaid of Alabama, and several other medical plans. For more information and/or appointments, call 205-975-2020.

UAB
School of Optometry
Henry Peters Building
1716 University Boulevard
Birmingham, AL 35924
205-975-2020

UAB Center for Low Vision Rehabilitation is a multidisciplinary rehabilitation center. Experts in optometry, ophthalmology, occupational therapy, and psychology have combined their knowledge to meet the special needs of each patient.

UAB Center for Low Vision Rehabilitation
1720 University Boulevard, Suite 405
Birmingham, AL 35233
205-488-0736

Mobile and Baldwin County area:
Community Services for Vision Rehabilitation
(CSVr) CSVr is a non-profit medical clinic with offices in Mobile and Baldwin counties featuring low vision evaluation, testing and counseling by a medical doctor who is also a Certified Low Vision Therapist. Occupational Therapists also provide training in activities of daily living, environmental modifications, visual skills training and use of devices and magnifiers. Each office has a full inventory of glasses, optical aids and electronic magnifiers. Free computer adaptive software workshops and support groups are available. Emphasis is placed on maximizing function, independence and quality of life for the visually impaired. www.csvrlowvision.org

Mobile
3280 Dauphin Street, Suite C129
Mobile, AL 36606
1-251-476-4744
Visionrehab@bellsouth.net

Fairhope
251 South Greeno Road
Fairhope, AL 36532
1-251-928-2888
Visionrehab@bellsouth.net

Liz Moore Low Vision Center at St. Vincent's East: The Liz Moore Low Vision Center's goal is to assist the person with low vision to use functional vision to the utmost capacity. Services provided are evaluation, training, counseling, referral, and a low vision support group.

Liz Moore Low Vision Center at St. Vincent's East
50 Medical Park East Drive
Birmingham, AL 35235
205-838-3162
mcjones@ehs.inc

News and Current Events

Radio Reading Service: Radio programming serves people who are unable to read print due to a visual impairment or who are unable to hold printed material. Radio Reading Service provides newspaper, magazine, and book reading, consumer interest information and entertaining features. A special receiver is required. Call for information regarding current scheduling and to obtain a receiver. The service is available in most areas of Alabama. Eligibility is identical to the requirements for the Library of Congress Talking Book Program.

Alabama Radio Reading Service

Birmingham

205-934-6576

Fax: 205-934-5075

philip@wbhm.org

www.wbhm.org

Huntsville

256-895-9574

800-239-9574

Fax: 256-830-4577

www.wlrh.org

Montgomery

334-670-3268

Fax: 334-240-7320

www.wtsu.org

Mobile

251-380-4699

800-239-9445

Fax: 251-460-2189

www.whil.org

Tuscaloosa

205-348-6644

Fax: 205-348-6648

www.wual.org

NFB Newsline

National Federation of the Blind and the Library for the Blind and Physically Handicapped along with local sponsors provide a free service to those who qualify which reads various newspapers over the telephone. Applications may be obtained from the NFB website. An access code will be issued when the applicant is approved.

www.nfb.org

1-888-882-1629

Periodicals

Blind Skills, Inc.: This is a nonprofit organization that publishes the quarterly magazine *Dialogue* which is available in large print, braille, and cassette tape format. *Dialogue* features first person accounts and articles by and for visually impaired people and other interested individuals. Issues cover a wide range of interesting topics including sports and leisure activities, fiction, and technical information on new adaptive products and services. The subscription price is \$28 per year for legally blind subscribers and \$40 for subscribers who are not legally blind. It is available in braille, tape, large print and disk.

Blind Skills, Inc.

P.O. Box 5181
Salem, OR 97304-0181
503-581-4224
www.blindskills.com

Recorded Periodical: This company provides recorded magazines for an annual cost.

Recorded Periodical
Associated Services for the Blind
919 Walnut Street
Philadelphia, PA 19107
215-627-0600, ext. 3208
www.asb.org

Described Media:

For information regarding movies and TV programs available with audio description on internet, cable, video on demand and cable, call 1-607-300-3600 or visit www.access.wbhglassic

Recreation

U.S. Park Service: The U.S. Park Service offers permits providing free lifetime admission to national parks, monuments, historic sites, recreational areas and national wildlife refuges. It also provides a 50 percent discount for camping, boating, launching, and parking fees for the pass holder, family, and/or guests. A Golden Access Passport must be obtained in person at any federal area where an entrance fee is charged or at the National Park Service in Washington by showing proof of medically determined permanent disability or eligibility for receiving benefits under federal law.

National Park Service
U.S. Department of Interior
18th and C Streets NW
Washington, DC 20420
www.nps.gov

Montgomery Area:

Montgomery Parks and Recreation Department
Therapeutic Recreation Center (TRC) is for use by persons with permanent mental or physical disability who cannot actively participate in other fitness programs. Indoor pool, outdoor pool, fitness room, and VIP pool exercise programs are available. To obtain a participation form, call 334-240-4595.

Senior Services

The Alabama Department of Senior Services offers a variety of services for the elderly, including transportation, information and referral, needs assessment, legal services, nutrition services, health services, continuing education, health screening, day care, volunteer opportunities, physical fitness, recreation, Medicaid waiver as well as various home delivered services and nursing home ombudsman services.

Alabama's Area Agencies on Aging

Alabama Department of Senior Services

770 Washington Avenue, RSA Plaza Suite 470
Montgomery, AL 36130-1851
334-242-5743 • 877-425-2243
Website: <http://www.adss.state.al.us>

Northwest Alabama Council of Local Governments

P.O. Box 2603, 103 Student Drive
Muscle Shoals, AL 35662
256-389-0500 • 800-838-5845
Counties: Colbert, Franklin, Lauderdale, Marion,
Winston

West Alabama Regional Commission

4200 Highway 69 North, Suite 1
Northport, AL 35476
205-333-2990
Counties: Bibb, Fayette, Greene, Hale, Lamar,
Pickens, Tuscaloosa

Middle Alabama Area Agency on Aging

15863 Highway 25
Calera, AL 35050
205-670-5770
Counties: Blount, Chilton, Shelby, St. Clair,
Walker

Office of Senior Citizens Services
2601 Highland Avenue
Birmingham, AL 35205
205-325-1416 • Fax: 205-325-1429
Counties: Jefferson

East Alabama Regional Planning and
Development Commission
1130 Quintard Avenue, Suite 300
Anniston, AL 36202
256-237-6741 • 1-800-239-6741
Counties: Calhoun, Chambers, Cherokee, Clay,
Cleburne, Coosa, Etowah, Randolph, Talladega,
Tallapoosa

South Central Alabama Development
Commission
5900 Carmichael Place
Montgomery, AL 36117
334-244-6903
Counties: Bullock, Butler, Crenshaw, Lowndes,
Macon, Pike

Alabama Tombigbee Regional Commission
107 Broad Street
Camden, AL 36726
334-682-4234 • 1-888-617-0500
Counties: Choctaw, Clarke, Conecuh, Dallas,

Marengo, Monroe, Perry, Sumter, Washington,
Wilcox

Southern Alabama Regional Council on Aging
1075 South Brannon Stand Road
Dothan, AL 36302
334-793-6843 • 1-800-239-3507
Counties: Barbour, Coffee, Covington, Dale,
Geneva, Henry, Houston

South Alabama Regional Planning Commission
110 Beauregard Street
Mobile, AL 36633
334-433-6541
Counties: Baldwin, Escambia, Mobile

Central Alabama Aging Consortium
818 South Perry Street, Suite 1
334-240-4666 • 1-800-264-4680
Counties: Autauga, Elmore, Montgomery

Lee Russell Council of Governments
2207 Gateway Drive
Opelika, AL 36801-6834
334-749-5264 • 1-800-239-4444
Counties: Lee, Russell

North Central Alabama Regional Council of
Governments

216 Jackson Street S.E.

Decatur, AL 35602

256-355-4515

Counties: Cullman, Lawrence, Morgan

Top of Alabama Regional Council of
Governments

5075 Research Drive N.W.

Huntsville, AL 35805

256-830-0818

Counties: DeKalb, Jackson, Limestone, Madison
Marshall

Dementia: The Dementia Education and Training Act(DETA) Program provides education to professional and family caregivers regarding dementia. It enables Alabama's citizens with dementia to remain in their homes and/or communities. Free educational materials and video tapes are available.

Dementia Education and Training Act (DETA)
Program
Bureau of Geriatric Psychiatry
Alabama Department of Mental Health/Mental
Retardation
200 University Boulevard
Tuscaloosa, AL 35401
Helpline staffed by RNs and social workers
1-800-457-5679

Senior Site: American Foundation for the Blind
Senior Site provides a wealth of information and
links to sites regarding aging and vision loss.
www.afb.org click on senior site

Shopping Services

Grocery Store: Most supermarkets will provide a shopping assistant to help you locate your selections. Call your local market for information on services they offer.

Personal Shoppers: Many department stores offer personal shoppers for their customers to provide input on colors, styles, sizes and other needs you might have. You can make an appointment with a personal shopper to get shopping assistance for yourself or for gift shopping for someone else by calling the store.

Support Groups

For information about meeting times and locations, call the number listed or the local ADRS OASIS office.

Athens

“Positive Outlook”

256-650-1760

Birmingham

“Insight”

205-681-3809

Boaz

“Marshall County Support Group”
256-547-6974

Clanton

“Chilton County Support Group”
205-290-4400

Columbiana

“Shelby County Low Vision Support Group”
205-290-4400

Cullman

“New Vision”
256-739-4653

Clay

Clay County Support Group
256-362-1300

Decatur

“Looking Forward”
256-650-1760

Gadsden

“Visors”
256-547-6974

Gardendale

“Gardendale Low Vision Support Group”

205-631-4623

Geraldine

“Eye Just Got To Tell You”

256-547-6974

256-659-6663

Huntsville

“Visually Impaired Support Group of Huntsville”

256-536-6621

Mobile

“Mobile Low Vision Club”

251-432-7777

Baldwin County

“The Eyes Have It”

251-928-2835

Montgomery

“VIP’s”

334-269-1694

Oneonta

“Blount County Low Vision Support Group”

205-274-8199

Selma

“Selma VIP’s”

334-354-4015

Scottsboro

256-650-1760

Tuscaloosa

“Tuscaloosa OASIS”

205-758-8949

Transportation

Contact your local Area Agency on Aging office for information about transportation in your area.

Most counties charge people with disabilities reduced fares on local public transportation.

Birmingham Area: MAX (Metropolitan Area Express: The Birmingham Jefferson County Transit Authority operates the MAX fixed-route service throughout the Birmingham metro area. Senior citizens age 62 and older may ride the bus for half-fare using the BJCTA photo ID or Medicare Card with photo ID. Half-fare rides are 60 cents and 15 cents for transfers. A monthly access pass may also be purchased. For more information, call 205-521-0101.

VIP (Special Transport for the Handicapped and Senior Citizens): For those senior citizens living within a mile of the MAX route and unable to reach a bus stop, VIP special transport is available. This is a door-to-door service. For more information, call 205-521-0101.

CLASTRAN: CLASTRAN was created to meet the transportation needs of senior citizens and persons with disabilities living outside the MAX/VIP routes of Jefferson, Walker, St. Clair and Shelby counties. Due to the expanded area service fares vary. Call 205-325-8787 for more information.

Mobile Area:
Baldwin Area Transportation System (BRATS)
Call between 7:00am-3:00pm for information regarding routes and fares.

Central and South Baldwin
251-972-6817

Eastern Shore
251-990-4636

North Baldwin
251-937-0355

Montgomery area:

Montgomery Area council on Aging (MACOA) MACOA Taxi Service is for persons age 65 and over. This service operates Monday through Friday, 24 hours a day to transport senior citizens to doctor's appointments and/or to the closest grocery store only. This service is available in Montgomery, Autauga, and Elmore counties. Cost is \$3 one way.

334-263-0532

MAP: Montgomery Area Paratransit provides curb to curb service between 5:00am and 9:30pm and may be booked up to two weeks in advance on a first come first served basis. Cost is \$2 one way. Must call at least one day in advance. An application for this service must be approved by a doctor or other social service professional. Call to obtain application.

334-240-4691

Parking Permits

Disabled person parking permits: Permits are linked to the disabled person's driver's license or identification card. Each time the license or ID card is renewed, the person must submit a certificate of disability. Alabama issues distinctive parking permits to people with disabilities. Vehicles which display these permits may park in designated parking spaces and are allowed other parking privileges. To qualify for a parking permit, a person must have:

- loss of vision or substantial loss of visual acuity or visual field beyond correction
- severely limited mobility because of paralysis or the loss of use of some or all of the person's legs or arms
- any other disability that prevents the person from walking without the use of an assistive device or that causes the person to be unable to walk more than 200 feet, including but not necessarily limited to:
 - Chronic heart condition
 - Emphysema
 - Arthritis
 - Rheumatism or
 - Ulcerative colitis or related chronic bowel disorder

Applicants are required to have a current valid Alabama driver's license or identification card.

To apply for a disabled person parking permit, your disability must be certified by a licensed physician on an application form which is available at DMV. You may get an application from any Motor Vehicles Division office.

Travel Discounts

Amtrak: Amtrak offers a 15 percent discounted "rail only" (no sleeping cars) fare for individuals who are disabled. A letter from a doctor certifying a disability and a picture identification card must be presented to receive this discount.

Amtrak

1-800-872 7245.

www.amtrak.com

Greyhound: Greyhound offers a program providing a 5% discount for persons age 62 and over on unrestricted fares. A companion traveler may ride with a disabled individual at a 50% discount. To receive this concession you must present either a picture identification card or a letter from your doctor certifying that you are disabled.

Disabilities Travel Assistance Line

1-800-752-4841

Contact 48 hours in advance.

Greyhound

1-800-231-2222

www.greyhound.com

Most bus companies will accept a DMV ID card and/ or a certification of blindness for a discount.

Air Travel: For air travel, individuals who are blind may request either “Meet and Assist” or “Ground Assistance” services (including wheelchair) for assistance locating gates and getting on the plane. Call the airline representative or travel agent for details and request the brochure entitled “Disabled Traveler Information.”

Birmingham International Airport

5900 Airport Highway

Birmingham, AL 35212

205-595-0533

Huntsville International Airport

1000 Glenn Hearn Boulevard

Huntsville, AL 35824

256-772-9395

Mobile Regional Airport
8400 Airport Boulevard
Mobile, AL 36608
251-633-0313

Montgomery Regional Airport
Dannelly Field
4445 Selma Highway
Montgomery, AL 36108
334-281-5040

Voting

Voter registration forms are available at all ADRS offices.

Absentee Ballot: Absentee ballots are available on request for all state elections from the county circuit clerk's office.

Polling Places and Booths: Polling places are required to be readily accessible by people with disabilities. An individual with a disability can select a person of his or her choice to accompany him/her into the polling place or booth to assist in voting. Registration and voting aids to assist individuals with disabilities in the process of registering and voting are

available from appropriate election officials in each county.

Notes_____
